

Butler Recreation Department Programs

➤ **Yoga**

Whether you've been practicing for years or have never tried yoga, these classes are for anyone looking to increase their strength and flexibility. By learning how to control your breath and align your body, you will find strength from within that you didn't know was there. Sign up for a 4-week session. Classes will be offered for July, August, and September on Tuesdays at 6:30 PM. \$32 for the 4-week session. Bring your own mat, if you have it, but there will also be mats and additional props available. Come find a stronger version of yourself! Although the class is designed for adults, children ages 12+ are welcome if accompanied by a parent. Class will be held at the Community Center located at Frontier Park. Non-residents are welcome to attend.

Please contact Heather Walters at [\(414\) 322-3002](tel:4143223002) for questions and registration.
(Registration deadline: The 25th of the prior month)

➤ **TaijiFit**

This program is all about mind/body “exercise” that combines the best of Traditional Taiji with modern western fitness. It's a class that's appropriate for any age level and has you experiencing the FLOW of Taiji whether it's your first class or your 10th. There are no routines to learn, or set choreography to remember. Instead, class members follow the trained certified instructor in a method designed to bring your muscular, cardiovascular and nervous systems into perfect synergy (along with your mind and spirit). This class is great for anyone with a chronic health challenge or is wheel chair restricted. The heart of the Taiji experience is Flow, it's holistic, mindful, mind/body connected – like a deep sweaty yoga workout that leaves you feeling as free and happy as Zumba! Classes will be held on Thursdays, starting July 18 from 6:30-7:30 PM. Cost \$65 for 6 weeks.

Please contact: Heather Walters at [\(414\) 322-3002](tel:4143223002) to register.
(Registration deadline: July 9)

➤ **Parent/Child Group**

An opportunity to meet and connect with other friendly parents/grandparents in the community. Come share experiences, advice and fun while giving children the opportunity to make friends and use their playtime energy. The Group will meet at 9:00 AM on Tuesdays in the tot lot in Frontier Park, beginning April 2nd, weather permitting. There is no charge for this activity.

Please contact Heather Walters at [\(414\) 322-3002](tel:4143223002) for questions. No registration required.

➤ **Fermentation Class**

Did you know that your gut houses your immune system and is often referred to as your second brain? In this hands on class we will be learning how simple and easy it is to make your own homemade probiotics through traditional drinks and foods of our ancestors. Probiotics are essential to a healthy gut and immune system. Keep your family healthy all year around with these yummy traditional drink and foods. These fermented foods are essential to the everyday diet - in Asia traditionally fermented foods are eaten with every meal as a digestive aid. Sadly in the United States we have lost this vital tradition and our health is suffering because of it. Unhealthy guts can result in a variety of health issues. We will be learning how to make & sampling a variety of these traditional drinks and foods. This class will be held: Monday July 15, at 6:00 PM. Class fee \$14.

Please contact Heather Walters at [\(414\) 322-3002](tel:4143223002) for Registration.
(Registration deadline July 3)

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➤ **Back To School Healthy Eating**

Did you know that many behavioral and focusing issues are related to our child's diet? What does your child need in order to succeed in school, in order to focus and excel? Support, love and encouragement are vital to a child's success but what about nutrition? Nutrition can greatly affect a child's performance in school. The food that we feed our child can either help or hinder their success. In this class we will break down some nutrition myths and learn what children need as they grow and develop and how to support those needs through healthy eating. We will also be learning:

- How excitotoxins in our food affect brain growth and development as well as mental illness
- Tips and tricks to getting your kids to eat veggies
- Healthy back to school snacks recipes
- Healthy back to school "packed lunch" recipes

Class will be August 19th at 6:00 PM.

Please contact Heather Walters at [\(414\) 322-3002](tel:4143223002) for questions and registration.
(Registration deadline: August 12)

➤ **Alternatives to Antibiotics: Intro to Herbal Healing**

In this class we will be learning about the world of Herbs! Learn how to gear up your herbal cabinet for the flu and cold season. Herbs have amazing healing powers when used correctly. They are one of the most natural medicines we have been given and when used in their whole form they are the safest alternative to antibiotics that not only help to fight infection but also nourish and heal the body. In this class we will be discussing alternatives to antibiotics through the use of herbs. Class will be September 16 at 6:00 PM.

Please contact Heather Walters at [\(414\) 322-3002](tel:4143223002) for questions and registration.
(Registration deadline: September 9)